

FROZEN HERBS



What are frozen herbs?

Frozen herbs refer to herbs that have been preserved by freezing. They are typically harvested at their peak freshness and then quickly frozen to retain their flavor, aroma and nutritional value.

Frozen herbs are a convenient alternative to fresh herbs, especially when fresh herbs are out of season or not readily available.



Types

- **Frozen Whole Herbs:** These are herbs that are frozen in their entirety, typically in bunches or sprigs. Common examples include basil, cilantro, dill, parsley, and rosemary. They can be used directly from the freezer in recipes, although they may lose some of their texture.
- **Frozen Chopped Herbs:** These are herbs that have been chopped or minced and then frozen. They are often stored in small containers or ice cube trays for easy portioning. Chopped herbs such as thyme, oregano, and mint are commonly available in frozen form.
- **Frozen Herb Pastes:** These are herbs that have been pureed with a small amount of oil and then frozen into paste-like consistency. They are often sold in small jars or tubes. Common examples include frozen basil paste, garlic paste, and ginger paste.

Packaging and storage

(A) Flash-Freezing: To maintain the best quality, commercial freezing facilities often employ quick freezing techniques, such as blast freezing or liquid nitrogen freezing.

These methods rapidly freeze the herbs, minimizing ice crystal formation and preserving the herbs' texture and flavor.

(B) Cold Storage: Frozen herbs are stored in industrial freezers set at temperatures of 0°F (-18°C) or below.

Freezers maintain a consistently low temperature to ensure the herbs remain frozen and preserve their quality for an extended period.

(C) Packaging Materials: Commercially frozen herbs are typically packaged in materials that provide an airtight and moisture-resistant barrier.

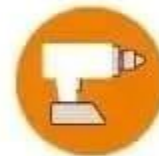
Common packaging materials include high-quality freezer bags, vacuum-sealed pouches, or rigid plastic containers.

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